

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 – 7:00AM <b>*TIGER'S EYE</b>	6:15 – 7:00AM <b>BLOODSTONE</b>	6:15 – 7:00AM <b>TOPAZ</b>	6:15 – 7:00AM <b>KRYSTALLOS</b>	6:15 – 7:00AM <b>MMA YOGA</b>	7:45 – 8:30AM <b>BLOODSTONE</b> (YOGA ROOM)	
	8:15-9:00AM <b>DIAMOND</b>	8:15-9:00AM <b>KRYSTALLOS</b>	8:15-9:00AM <b>BLOODSTONE</b>		8:00 – 9:00AM <b>*SPARTA</b> (CIRCUIT ROOM)	8:45 – 9:30AM <b>TOPAZ</b>
					9:00 – 9:45AM <b>TOPAZ</b> (YOGA ROOM)	10:00 – 10:45AM <b>*WARRIOR</b>
12:00 – 12:45PM <b>BLOODSTONE</b>	12:00 – 12:45PM <b>KRYSTALLOS</b>	12:00 – 12:45PM <b>BLACK OPAL</b>	12:00 – 12:45PM <b>*TIGER'S EYE</b>	12:00 – 12:45PM <b>TOPAZ</b>	10:15-11:00AM <b>KRYSTALLOS</b>	
4:30-5:15PM <b>KRYSTALLOS</b>	4:30-5:15PM <b>BLACK OPAL</b>	4:30-5:15PM <b>BLOODSTONE</b>		5:45 – 6:30PM <b>BLACK OPAL</b>		4:30 – 5:15PM <b>MYSTERY STONE</b>
5:45 – 6:30PM <b>*TIGER'S EYE</b>	5:45 – 6:30PM <b>TOPAZ</b>	5:45 – 6:30PM <b>KRYSTALLOS</b>	5:45 – 6:30PM <b>DIAMOND</b> (YOGA ROOM)			5:45-6:30PM <b>DIAMOND</b>
7:00 – 7:45PM <b>TOPAZ</b>	7:00 – 7:45PM <b>MMA YOGA</b>	7:00 – 7:45PM <b>*TIGER'S EYE</b>	6:00 – 7:15PM <b>*SPARTA</b> (CIRCUIT ROOM)			
			7:00 – 7:45PM <b>BLOODSTONE</b>			

**TOPAZ**  
Fundamental hot yoga series. Improve balance, strengthen, and increase flexibility. Recommended for beginners.

**KRYSTALLOS**  
Core strengthening series. Hot Pilates.

**BLOODSTONE**  
A challenging flow/vinyasa class, great strengthening and endurance workout. Practiced to music.

**DIAMOND**  
Slow, deep stretch flow with limited instruction, practiced to music in a (LED) candlelit room.

**BLACK OPAL**  
A challenging & upbeat flow/vinyasa class, practiced to fun music with advanced poses.

**TIGER'S EYE**  
Get the best of both worlds. Half circuit training and half hot yoga flow sequence.

**WARRIOR**  
High intensity circuit training regimen. Challenging workout.

**SPARTA**  
Olympic lifts, body weight exercises, plyometrics, and endurance challenges. Pre-registration and membership is required.

**MMA YOGA**  
High intensity yoga with weights,

\* Running shoes are recommended for this class.